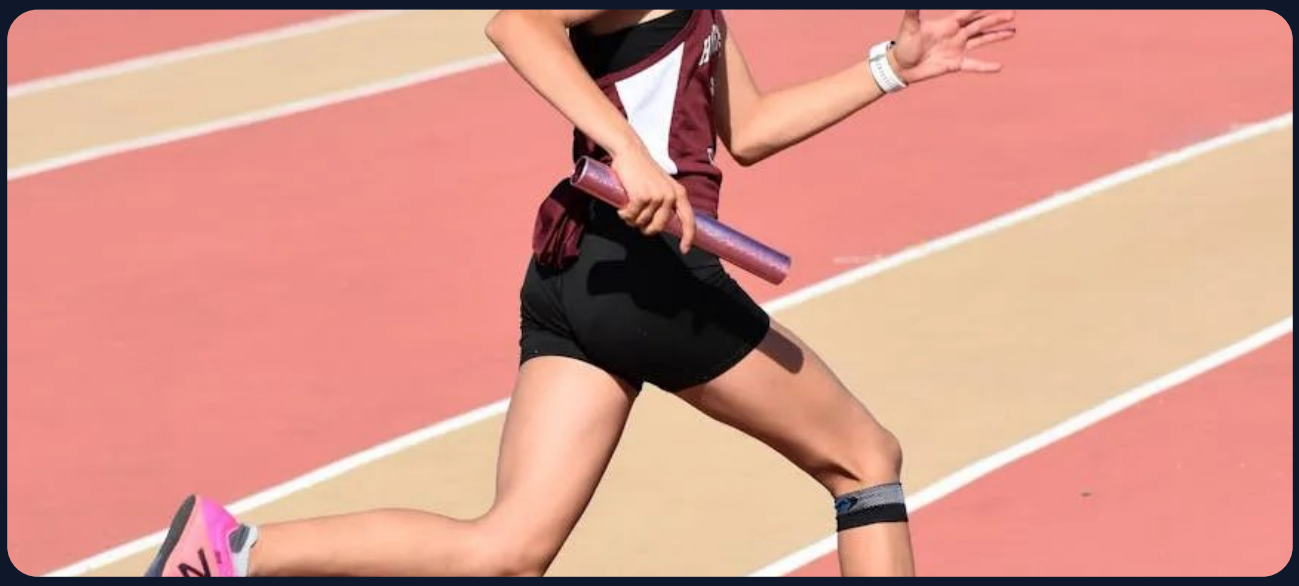
RISK ASSESSMENT WIZARD



ATHLETICS

Safety Guide

Sports Recreation

6	40	22
Key Benefits	Control Measures	Checklist Items

KEY BENEFITS

Overall Fitness

Enhances overall physical fitness and endurance through diverse track and field events.

Speed & Agility

Develops speed and agility through sprinting and dynamic movements.

Coordination

Improves coordination and balance with jumping and throwing disciplines.

Mental Toughness

Boosts mental toughness and focus required for competitive events and personal performance.

Muscle Strength

Supports muscle strength and flexibility through varied training routines.

Cardiovascular Health

Promotes weight management and cardiovascular health through regular athletic activities.

KEY HAZARDS & CONTROL MEASURES

Unsafe Handling of Throwing Equipment

- ✔ Provide training on proper techniques for throwing events
- ✔ Enforce strict safety zones and protocols during events
- ✔ Supervise participants closely
- ✔ Use barriers or markings to keep others at safe distance

Slippery or Uneven Track Surfaces

- ✔ Ensure track surfaces are regularly inspected and maintained
- ✔ Repair any damage promptly to provide an even surface
- ✔ Use appropriate materials to improve traction
- ✔ Inform participants of any known issues

Collisions During Running Events

- ✔ Implement clear rules for overtaking and lane usage
- ✔ Use staggered starts when appropriate
- ✔ Provide adequate space for each participant
- ✔ Supervise events to enforce rules

Uneven Landing Surfaces

- ✔ Inspect and maintain landing pits for long jump and high jump
- ✔ Ensure sand pits are level and properly raked
- ✔ Use appropriate cushioning materials
- ✔ Mark any hazards and inform participants

Faulty or Damaged Equipment

- ✔ Regularly inspect all equipment (hurdles, starting blocks, implements)
- ✔ Repair or replace faulty equipment promptly
- ✔ Use equipment that meets safety standards
- ✔ Train staff to identify and report equipment issues

Inadequate Warm-Up or Cool-Down

- ✔ Implement mandatory warm-up and cool-down routines
- ✔ Include dynamic stretching and event-specific exercises
- ✔ Allocate sufficient time for these activities
- ✔ Educate participants on their importance

Poor Weather Conditions

- ✔ Monitor weather forecasts and adjust schedules accordingly
- ✔ Provide shelters or reschedule events in extreme weather
- ✔ Ensure participants have appropriate clothing
- ✔ Educate on recognizing weather-related risks

Lack of Supervision During High-Risk Events

- ✔ Ensure qualified officials and coaches are present for all events
- ✔ Provide adequate training for supervisors
- ✔ Establish clear safety protocols
- ✔ Enhanced supervision for pole vault, throws, and hurdles

Improper Footwear

- ✔ Advise participants on appropriate footwear for each event
- ✔ Ensure footwear is in good condition and suitable for surface
- ✔ Educate on importance of proper shoes for performance
- ✔ Check spike length meets regulations

Safeguarding

- ✔ Implement safeguarding policy and train all staff
- ✔ Conduct background checks on coaches and volunteers
- ✔ Provide clear reporting procedures for concerns
- ✔ Foster an environment of trust and respect

PRE-SESSION SAFETY CHECKLIST

Risk Assessment

- [ ] Complete and review risk assessment for this activity
- [ ] Brief all staff on key risks and emergency procedures
- [ ] Ensure all identified hazards have control measures in place

Track & Equipment

- [ ] Track surface inspected
- [ ] Starting blocks secure
- [ ] Landing pits raked
- [ ] First aid kit accessible
- [ ] No debris or hazards
- [ ] Hurdles at correct height
- [ ] Throwing cages checked

Athletes

- [ ] Appropriate athletic attire
- [ ] No jewellery
- [ ] Any injuries declared
- [ ] Membership valid
- [ ] Correct footwear for events
- [ ] Long hair tied back
- [ ] Water bottles available

Supervision

- [ ] Qualified coach(es) present
- [ ] First aider identified
- [ ] Session plan appropriate
- [ ] Event-specific supervisors
- [ ] Attendance completed

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